

New Jersey Sports Medicine and Performance Center LLC  
689 Valley Road, Suite 104, Gillette, NJ 07933  
908-647-6464 (F) 908-647-6445

Thank you for choosing New Jersey Sports Medicine and Performance Center.  
The following are appointment instructions to provide better care and expedite your visit:

1. Bring any x-rays or MRIs (actual films), along with reports that you have.
2. Please dress appropriately for the visit.  
Bring shorts for any lower extremity or back problem.  
Females have a tank top or sports top for any shoulder or upper back problem.
3. Bring all footwear such as running shoes, cleats, and orthotics you use for your sport.  
Be prepared to run as part of your exam.  
If bringing a bicycle, please thoroughly clean prior to your visit.
4. Bring your insurance card to your visit. Insurance card should be up to date.
5. Please bring any referrals your insurance plan requires. Failure to do so will require you to reschedule.
6. Co-pays are to be collected at time of visit. We accept cash or check. We do not accept credit cards.
7. If appointment is for a school physical, please bring all forms filled out in their entirety and signed by your parent or guardian.
8. For your first appointment, click on link for Patient Forms at [www.njsportsmed.com](http://www.njsportsmed.com)  
Download, print, and fill in appropriate forms AND bring to your office appointment.  
(Patient Sign-in Form and Patient Office Intake Form).  
If not accessible, forms are also available in the office but arrive 30 minutes prior to your first appointment to check in and fill out paper work. Otherwise arrive 15 minutes early.

We look forward to seeing you.

Sincerely,

Marc R. Silberman, M.D.  
Get Better. Faster.